

Class		Description
Mild	Gentle Fit Low Impact / Plus	Perfect for beginners, those returning to fitness or recovering from an injury. Gentle movements to start your day. Class may use mats, chairs, light weights and bands. Talk to the instructors about any concerns.
	Mild/Mod Low Impact	A well-rounded, low impact workout that is easy to follow. Work the major muscle groups safely using weights and/ or resistance bands
	Gentle Total Body Conditioning	Build your power, speed, coordination and improve your overall fitness. A varied class that will hit those areas that other workouts miss
	Cardio Combo	A mix of cardio training and weight training work in intervals
Moderate to Challenging	Cardio & Strength	Aerobics with some choreography and strength and core training using hand weights, resistance bands and body weight
	Total Body Conditioning & Stretch	A strength and endurance class to change all muscle groups using hand weights, resistance bands, and other equipment. TBC includes a portion of low impact cardio
	Zumba	Classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating.
	Zumba Toning	Similar to above but includes resistance training (using weights) which focuses the workout on specific muscle groups
	Muscle Mania	A full body workout to increase strength, mobility and stability using weights, resistance bands and your own body weight. Suitable for all fitness levels.
	Step Class	These classes offer high intensity options for you to maintain a high cardio
	Boxer Fit	A high-intensity workout building on mental, physical and full-body strength.

Group Fitness Schedule Fall 2025



Classes are designed for ages 18+

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